

The Inside Outlook



Happy
Easter!



CHRO



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MASTHEAD

INVICTUS:

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Francoise M.

KON-TIKI:

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EDITORIAL

TELEVISION - FRIEND OR FOE

The other evening I was driving into Toronto along the 401 - it was getting dark and as I was passing block after block of apartment buildings I became conscious of how many rooms were lit with a grey effervescent glow. Of course, it was the light reflected from people's television sets, even so it posed some disconcerted thoughts. I began to wonder how many hours of their lives the average person spends sitting within four walls becoming brain-washed race under the influence of the T.V. media. I hoped not, and yet one only needs to observe the products that housewives take off supermarket shelves and place in their baskets, compared with the ones they leave behind. Wasn't that particular paper towelling the one that has the jingle that is played not once or twice but often three or four times during the prime time on television.

The word Influence is described in the dictionary as (exercising power) or affecting character and destiny of man.

Currently Judy LaMarsh is involved in examining the influence of Programmes on Crime and Violence to television audiences. It will be interesting to hear her findings on the subject. Certainly over the past two to three years there has been a predominant rise in programmes of this nature. But what of the influence of these programmes on children? What are the experts' opinions?

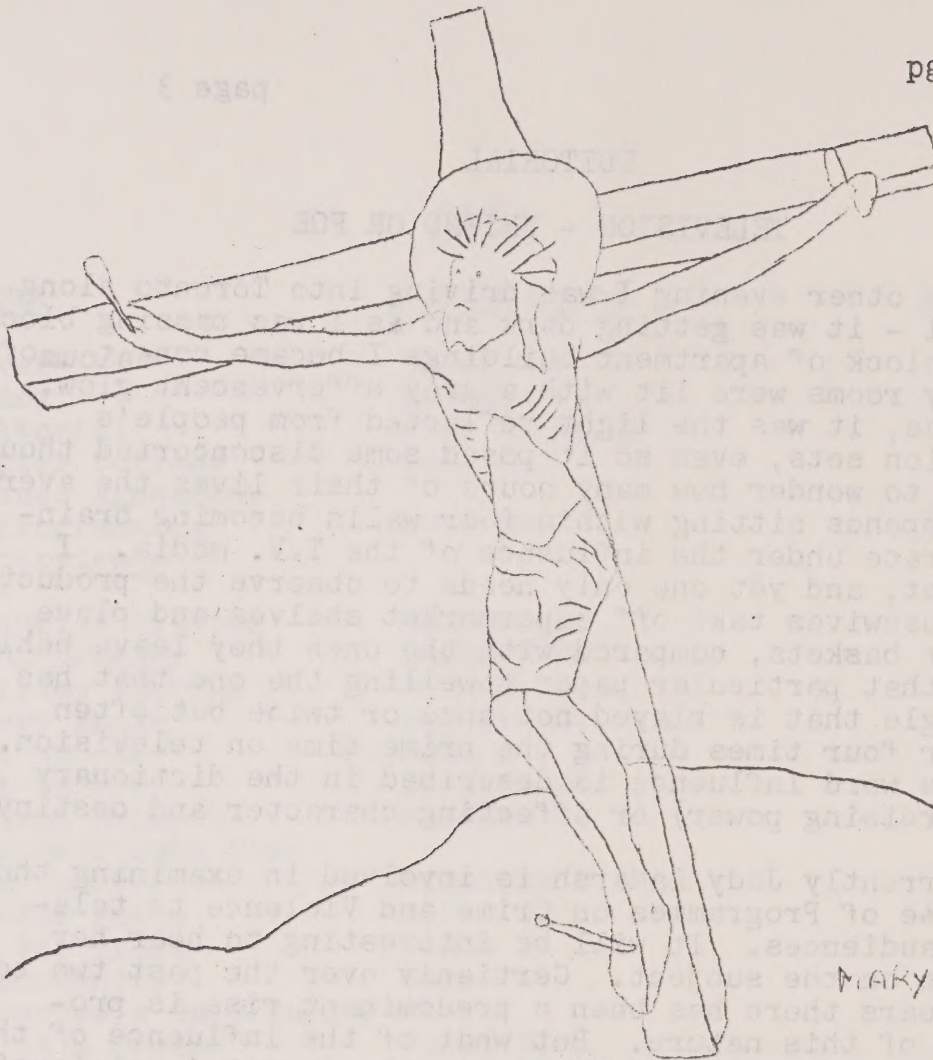
Professor H.J.Eysenck from the Institute of Psychiatry at London University, England believes that parents in punishing their children for being naughty and rewarding them for being good, build up the conditioned responses known as conscience. He believes if this theory is true then violence seen on T.V. can decondition those consciences which parents have taken so much time to build up.... For example a child who is warm and relaxed with a cup of hot chocolate watching a fist fight or a murder does not find it so unpleasant and his conscience gradually becomes desensitized.

It doesn't matter that the T.V. drama may come to a wholesome moralistic end. The combination of the comfortable environment and the cruel action will, over a period of time, break down the conscience of the child, and, a firm conscience is what parents are constantly striving to instill in a child.

Since the television screen reaches youth on masse, a whole nation of youth could be rid of that most necessary, highly uncomfortable thing called conscience.

One final note, my own thoughts, surely if we are selective in what we watch we will determine the type of programme we view? OR HAVE WE ALREADY!!!

Miss S. Nicholls.



MARY P.

EASTER DEFINED

Easter is a Christian festival that celebrates the resurrection of Jesus Christ. It is the most important holy day of the Christian religion. People attend churches and take part in religious ceremonies.

In most countries, Easter comes in early spring, at a time when green grass and warm sunshine begin to push aside the ice and snow of winter. Its name may have come from Eostre, a Teutonic goddess of spring, or from the Teutonic festival of spring called Eostur. Most Christians observe Easter on Sunday between March 22 and April 25. Members of Eastern Orthodox Churches sometimes celebrate it later than other churches.

The story of Easter comes from the Bible. The Gospels tell that the body of Jesus Christ disappeared from His tomb on the third day after His Crucifixion. An angel appeared to His followers and announced, "He is risen".

Christians everywhere celebrate Easter with great rejoicing. In many areas, children collect candy and chocolate bunnies, and hunt colorful Easter eggs.

The Crucifixion took place on a hill called Golgotha or Calvary, overlooking the city of Jerusalem.

MUTUAL AGREEMENT PROGRAMMING

The most recent of the acronyms to enter the Vanier vernacular has been that of "M.A.P." But what exactly is M.A.P.? What does it stand for? And -- more important -- what will it mean for the average Vanier resident?

First things first. The initials M.A.P. stand for: Mutual Agreement Programming. And, surprise, surprise, it actually means just that:

Mutual: A common, joint, shared approach- a giving and receiving in equal amount.

Agreement: Harmony of opinion, action or character- an arrangement as to a course of action.

Programming: Establishing plans of procedures- working out sequences of operations.

Very simply, Mutual Agreement Programming (M.A.P.) is an undertaking by a resident and the institution to work together to produce the most meaningful and helpful programme for that individual while incarcerated. It's an idea that calls for more involvement- and thereby responsibility- by the resident for her own programme. Ideally, a resident, following orientation to Vanier and all the available resources, would sit down with staff and (if you'll forgive the pun!)-- map out her plans-- that is, what makes sense for her to become involved in, in the time available and how this fits in with her plans for life back on the street.

But what's so different with what is already happening at Vanier? And why should residents "get more involved"? Bluntly, residents might well ask, "What's in it for us?"

The short answer, in the case of those States in the U.S. which use M.A.P., is a guaranteed parole date. There, the undertaking occurs between three parties- the resident, the institution, and the parole board- that release on a specified date will take place automatically-- as long as the resident completes the agreed upon programme objectives.

Particularly for the recidivist who wants to "really make it this time" but has a hard job convincing others, M.A.P. can cut through a lot of the suspicions, uncertainty and subsequent disappointments, by establishing very early on, what will wash and what won't. For example, the Parole Board may not even consider parole on the earliest possible parole date for a recidivist on the basis of her record, but may be willing to look at a later date if she proves she has "changed" by

cont.....

completing a mutually approved programme. In other words, M.A.P. can allow residents to set more realistically attainable goals with definite assurances of pay-off.

But wait-- how would this fit in with Vanier, when 68 per cent of all residents are serving sentences of eight months or less, and only those with "a deuce less" could really benefit? Well, times-they-are-a-changing, and one of the big proposed changes-- under the federal government's Peace and Security proposals-- is that of the removal of statutory remission, it is recommended, to be closely tied into "involvement in programmes". All of which means, if these changes do occur (and there is every likelihood these sections of the Bill will come into effect), M.A.P. could be very important. How? Simply, by allowing residents to have a larger say in how they will "do their time" -- and if it is mutually agreed objectives, then a guaranteed release date to work towards becomes a realistic goal.

For the biggest single thing about the M.A.P. approach is that it encourages residents to take responsibility for their own progress in programme. How much time a resident serves will be literally up to her. The institution for its part will continue to assist residents to take advantage of all the resources available in better preparing them for what awaits them on the street, whether it be academic or vocational training, counselling, involvement in the Co-correctional programme, or use of the Temporary Absence Programme. In this sense Vanier becomes an experience-- an opportunity to learn different ways of coping with old problems. But what kind of an experience it will mean to individual residents, will be entirely up to them. As one ad puts it, Something worth thinking about---eh?

John Roe, MSW,
Chief Social Worker.

INTERVIEW WITH ROCHELLE GUILFORD (TEACHER)

Barb - Where were you born?

Rochelle - Chicago, Illinois

Barb - Where were you educated?

Rochelle - In both Chicago and Toronto

Barb - Have you worked in any other institutions?

Rochelle - Yes. A.T.C. and Oakville

Barb - Why did you prefer to work in Vanier?

Rochelle - When I worked in a collegiate Institute I found it rather boring. The students didn't need much supervision as they did exceptionally well on their own. Therefore, Vanier was one of the place that I could be of use to those who would want to upgrade or finish their schooling.

Barb - How long have you worked here at Vanier?

Rochelle - Since June 1975.

Barb - Do you enjoy your work here at Vanier?

Rochelle - Yes. It is a good opportunity to help students on a one-to-one basis. I also find the students pleasant and very kind.

Barb - How do you cope with residents when they seem to have differences with you?

Rochelle - The best I can -- Here and else where.

Barb - Have you had any difference with staff?

Rochelle - All the time! Mrs. Henderson and Mrs Hartman seem to like their cheese warm, while T. Angle P. Culver and myself like ours cold. Therefore at lunchtime we all have a half warm and half cold cheese.

Barb - Have you heard from any Ex-Residents?

Rochelle - The only connection I have is concerning courses. I have helped them by phone or mail.

Barb - What do you do for entertainment at home?

Rochelle - Making Pottery and Macrame. I also like to go to Live Theatres.

Interviewed by Barb. G.

INTERVIEW WITH FATHER JOHN BROMLEY

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Barb - Where were you born?

John - St. Joseph's Hospital in Toronto. The nurse came and told my father he had a.....baby!

Barb - Where were you educated?

John - Pete's Billiard Academy-----De La Salle High School and St. Augustine's Seminary in Toronto.

Barb - What made you decide to become a priest?

John - My concept of priesthood grows year by year. Three years in jail has taught me more about the reconciliation of GOD, and men, and man to man than the thirty years of life previous.

Barb - How long have you been a priest?

John - Eight years

Barb - What do you think of the Vanier program?

John - I've seen The Vanier change dramatically in three years. Structurally, The Vanier can much more effectively address itself to personal and communications process than when I first came. Expansion of program has been experienced as more helpful than in previous years.

Barb - Have you had any differences with the staff?

John - Differences with other staff is inevitable; it remains of highest importance to recognize that these are our growing edges and that the struggle can be beneficial to everyone in the staff resident community.

Barb - Have you heard from any Ex-Residents?

John - I have regular contact with Ex-Residents.

Barb - What do you do for entertainment?

John - Sports come immediately to mind. I grew up here and have lined up most of my life in the Toronto area. My school mates and friends are in every area of Toronto's hurly-burly. These people constitute my social life.

by Barbara G.

INTERVIEW WITH SHIRLEY ROBBINS (LIBRARIAN)

- Barb - Where were you born?
Shirley - Toronto
- Barb - Where were you educated?
Shirley - Cooksville, Port Credit and Toronto
- Barb - What made you decide to work at Vanier?
Shirley - Before I worked here, I was just a housewife and mother. I volunteered to work at a school where my children were and became a librarian for the school. I am now going to Ryerson to get my Librarian Diploma.
- Barb - How long have you worked here?
Shirley - Four years.
- Barb - Did you enjoy your stay here at Vanier?
Shirley - Yes very much, I am really sad to leave and I am really going to miss the girls and the staff' here.
- Barb - Why do you have to leave?
Shirley - I'll be working full time at A.T.C. I was only working here part time.
- Barb - How do you feel about the program here at Vanier?
Shirley - I think that it provided a very good opportunity for the girls.
- Barb - Do you feel that there could be an improvement?
Shirley - There can always be an improvement. Off-hand the only improvement I can really think of is to have the library open at all times.
- Barb- - What do you do for entertainment?
Shirley - Read, dance, handicrafts, bicycle riding, walk my dog, visit friends. I like to do things with my family such as; short trips, picnics, movies and ordinary everyday (old) things.

Interviewed by Barb G.

Barb - Where were you born?

Terry - Montreal.

Barb - Where were you educated?

Terry - In Montreal I attended public school and high school. I also attended University for four years. You might say I am living comfortably here in Toronto and I am a political exile. I only go back to Montreal to visit friends and family, but these visits have become less and less frequent. Most of my interests are in this province.

Barb - What made you decide to work in institutions?

Terry - I began working here primarily by accident. When I finished my teacher training, I decided to see if the Ministry of Correctional Services needed any teachers. It turned out that there was a need for a summer teacher. I signed a 14 week contract. It turned out that I became a part-time casual teacher. After that contract expired, I eventually became a full-time teacher. So here I am !

Barb - How long have you worked here?

Terry - 3 Years in June.

Barb - How do you feel towards the program?

Terry - I feel it is very good.

Barb - Do you feel there could be any improvements?

Terry - Yes, I would like to see us move more quickly into the Co-Correctional programming. I also feel that we should be further utilizing both the physical and human resources of the three institutions. Co-Correctional activities will do that.

Barb - Have you had any differences with the staff?

Terry - None to my knowledge.

Barb - Do you learn things from the students?

Terry - Certainly! I like to think that I learn as much from them as they learn from me.

Barb - Have you heard from any ex-residents?

Terry - Yes, I correspond with some ex-residents, and I have bumped into a few from time to time.

Barb - What do you do for entertainment?

Terry - If I was to draw a list of my personal activities it would be endless. I like to cross-country ski, pub-crawl, read, pub-crawl, go to the movies, pub-crawl, sail! sail! sail! I also like to chase women.

Interviewed by Barb G.

Interview With Mr. Wright by June R.

June : What is your position in Vanier Centre?

Mr. W.: Assistant Superintendent.

June : How long have you worked in Corrections?

Mr. W.: Three years.

June : How did you become interested in Corrections?

Mr. W.: I talked to a number of people who work in Corrections and I thought I could make a contribution to the Rehabilitation of Residents.

June : Where have you worked before?

Mr. W.: I worked in C.A.F. for thirty-two years. I worked in B.A.T.C. fourteen months as a C.C. Brampton Jail on C.A.T. in placement four months. Hamilton Jail on C.A.T. placement six months. I also worked with probation and parole and also at Hillcrest Juvenile Institution in Guelph.

June : What do you think of the Vanier program?

Mr. W.: I think it's good.

June : Do you see any room for improvements?

Mr. W.: Improve in work areas to make it more realistic as the outside.

June : What do you think of the Co-Correctional Program?

Mr. W.: I think it's good. It's done a lot of good for both Vanier residents and students from B.A.T.C. It's a step forward in our approach to reality.

June : What do you think of the present T.A.P. program?

Mr. W.: I would say T.A.P. is working well. It is therapeutic and a means of keeping residents in touch with the outside world where she will eventually be going.

June : What do you think of residents going out into the community to work?

Mr. W.: It is beneficial to the particular individual because it helps her to re-enter society gradually and also provides her with the money for support on her release. It gives the people on the outside a chance to see our residents and re-affirm they are just ordinary people.

June : Do you feel residents get anything out of the program at Vanier?

Mr. W.: The value from the program they achieve is proportionate to the effort they put in.

June : Are you married?

Mr. W.: Yes.

June : What are your wife's feelings about your position?

Mr. W.: My wife thinks it is a worthwhile and rewarding position. She and my daughter have been in the institution a few times. My daughter is nineteen years old.

June : Do you have anything you like to do in your spare time?

Mr. W.: Hunting, golf, and reading.

June : When do you usually have time to do these things?

Interview With Mr. Wright Cont..

Mr. W.: I try to leave my work here when I leave at night.
 However that is not always possible.

June : What do you think of planning meetings?

Mr. W.: I think that planning meetings, if the resident and staff make prior plans, they are very beneficial

June : How do you see staff/resident communication?

Mr. W.: On the average, staff/resident communication is very good. I base this on previous experience. in other institutions.

June : What are your feelings on the way the average citizen out in the community feel about this Institution?

Mr. W.: I'd say opinions expressed by the average citizen is reflexed at total ignorance about the Institution, it's purpose, and it's residents.

June : Do you see any way we can show the people we are people just like they are?

Mr. W.: Provide more public relations with the community i.e. tours, and talks by staff to community organizations.

June : Why did you agree to do this interview with me?

Mr. W.: Because I like to state my opinion and this interview allowed me to do just that. I also feel that being interviewed by a resident is a trust beneficial to her and to me. And it is another way of communication.

June : Would you like to add anything else?

Mr. W.: I would like to say that I have enjoyed this interview with June and congratulate her on her professional approach.

CAUTION TRAVELLERS: THE 747 HAS EVERYTHING

A man travelling by plane was in urgent need of using the Men's room. Each time he tried the door it was occupied. The stewardess, aware of his predicament suggested he use the Ladies Room, but cautioned him against pressing the buttons on the wall. The buttons were marked WW? WA? PP? ATR. Eventually his curiosity got the better of him and sitting there he carefully pressed the first button marked WW. Immediately the warm water sprayed gently over his entire ass. He thought, "Golly... these gals really have it made". Not yet satisfied he pressed the next button marked WA. Warm air dried his ass completely. This he thought, was out of this world. The button marked PP when pressed picked up a powder puff which patted his bottom lightly with a scented perfumed powder. Now he thought... for the last button.

Time passed and he was aware of nothing more until he awoke in the hospital. In a panic, he buzzed the nurse. When she appeared he cried out. "What happened?" "The last thing I remember was being in the ladies room aboard a plane". The nurse replied, "so you were, but you were cautioned about pressing any buttons on the wall. You were until you pressed the button A.T.R. which stands

INTERVIEW WITH PAT CULVER

Barb : Where were you born?
Pat : Simcoe, Ontario.
Barb : Where were you educated?
Pat : Simcoe School System, Hamilton Teachers College,
McMaster University.
Barb : How long have you worked here?
Pat : Two years and three months.
Barb : What made you decide to work here?
Pat : When Mr. Tilden, a former colleague in another
school system, was principle of Vanier, I came
here for a few days to visit during the summer.
I became quite interested in how the educational
program could be expanded, rather than restricted
to this Institutional setting. When the position
became open a few months later I applied.
Barb : How do you feel about the Program?
Pat : I feel the program is accommodating to residents'
needs. It is ready and waiting for residents
to establish long and short term goals in order
to use the program effectively.
Barb : Do you feel the program could be improved?
Pat : Any programs that can't use improvements are in
the process of decay. Looking at programs since
1969, to present we can see an "Evolutionary
Process". This process will continue just as
long as society is willing to accept responsibility
for itself.
Barb : Have you had any differences with Staff?
Pat : Any staff that does not have differences is in a
stagnant system. The important aspect is how
these differences are aired. Each staff member
sees their individual role as most important,
just as it should be-- it is their responsibility,
however, to communicate their position and
concepts in order that the most efficient and
beneficial system be found for the resident.
Barb : How do you relate to some residents?
Pat : Some better than others.
Barb : Have you heard from any ex-residents?
Pat : No.
Barb : What do you do for entertainment?
Pat : Alpine & Cross Country Skiing, sailing.
I like to go to good movies....

Interviewed by
Barb G.....

INTERVIEW WITH SHARON ROBERTS

Barb- Where were you born?

Sharon- St.Louis, Missouri; but I disowned the place.

Barb- Where were you educated?

Sharon- Everywhere I've been, and everywhere I'll ever go.

Barb- What made you decide to work at Vanier?

Sharon- I needed a job, and Vanier needed a secretary, so we got together.

Barb- Why did you prefer to work at Vanier rather than another Institution?

Sharon- Happenstance at first, but I could not see myself working around bars.

Barb- How do you feel about the program?

Sharon- Ambivalent. Like just about everything it has both its good and bad points.

Barb- Do you feel that the program could be improved?

Sharon- What (or who) couldn't!

Barb- Have you had any differences with staff.

Sharon- Nope!-- When they see me they say "Oh no!" and when I leave they smile! (Relief)

Barb- Have you heard from any ex-residents.

Sharon- Letters from a couple, but I think that people want to forget about it.

Barb- Have you learned anything from the residents?

Sharon- Really.

Barb- What do you do for entertainment?

Sharon- I like to go woods-walking, I also enjoy gardening (indoors and out). In quiet moments I'm just a dedicated cat watcher.

Interviewed by
Barb G.

There is the feeling here of not being in prison. A prison to me is something like the Don with cells and clanging bars. Here at the Vanier we have the privilege of being out in the fresh air and seeing the outside. We could not do this in the Don. Incarceration to me was something to be looked at and frowned upon, until it happened to me. This experience has not been at all as I expected. There are many opportunities for anyone willing to learn, and a lot of fun things to do to keep one's mind away from living in the past. The staff in Hochie are wonderful people. The taking on another's life is something that will never be forgotten, but, with all the help that I have received from this place, it can be dimmed. The out- is coming very soon and there are those long years ahead, but I pray to God that I can make it. Being an alcoholic is a crime in itself so it will take a lot of careful thinking when and if I am tempted. A.A. is a wonderful organization which I've used for three months of my time here, and I will continue to use it after being released, I think that I am one of the lucky ones as I have the full support of my home town group. Thanks to Mr. Doyle for the meditation course; it will also prove to be helpful.

Best of Luck to Everyone
Virginia B.

NEWFIE JOKES

By Betty H.

Did you hear about the Newfie trying to hang himself? Well, his buddy walks in and sees him hanging with a rope around his waist. He says "What are you trying to do?" And his buddy answers, "I'm trying to hang myself!" And his buddy says, "You don't hang yourself with a rope around your waist; you're supposed to put it around your neck!" And the Newfie says "I already tried that and I almost choked to death!"

A woman called a painter to get an estimate on her house. She took him to the first room and he asked her what color she wanted the room painted and she said a nice blue would be fine. The painter went to the window and hollered "Green Side up!" The woman took him to the next room and he asked asked her what color, and she said a nice yellow would be fine. The painter went out again to the window and hollered out "Green side up!" The woman by this time was wondering what the hell is wrong with this man, is he crazy or something?" So they went to the next room and the same thing happened, so she asked him, "Why is it in every room that we went to you hollered out the window "Green side up!" So he said, "There's a

SO FAR APART

....16

WHEN - we are so far apart
CAN - sorrow mend a broken heart
I - really love you, yes I do.
SLEEP- is so sweet when I dream of you
ALL - you are now, the guy that I love.
NIGHT- is near so I must close,
WITH - care read every line
YOU - will find a message to keep in mind.....

Linda N.

OPPORTUNITY

Are you a loser who sits and weeps with regret over mistakes, failures and missed chances in the past, one who looks because of remembrance with pessimism and doubt at each new chance and offer which is ever present?

Most of us have missed the boat, taken the wrong road, fumbled the ball, acted foolishly and even failed miserably in the past.

To whine and brood in self-accusation, self-doubt and fearful dread of inaction is to admit inadequacy and invite utter ruin. To believe with enthusiastic expectation that there is another day and another chance to prove your worth and succeed, is the beginning of your journey to self-mastery and final and shining victory.

Don't look backward with regret and doubt, but forward with confidence, hope and expectation. Profit by past mistakes and eliminate them, do not dwell on them. Bury the past, begin today to march ahead into a glorious new life as a magnificent new woman.

YOU CAN IF YOU BELIEVE YOU CAN,
HEAD ERECT,
FORWARD MARCH!

Mary P.

TOMORROW'S OPPORTUNITY

If we might have a second chance
To live the day once more
And rectify the mistakes we made
To even up the score.
If we might have a second chance
To use the knowledge gained
Perhaps we might become at last
As fine as God ordained.
But though we can't retrace our steps
However stands the score
Tomorrow brings another chance
For us to try once more.

Mary P.

IS IT A DREAM?

My mind is running at computer speed...
Desperately it is trying to digest all the...
Vibrations that are being pushedthrough...
My brain hurts so much it is ready to bleed...

Think now carefully is this the way...
It should be...?
Does anyone know what is happening to me?
Am I imprisoned...?
Or am I free...

Take the issue in question, let's weigh it out...
Can I say I'm not frightened beyond a doubt?
My eyes are getting weary and I want to stop...
Turn off the motor before it goes pop!

Something won't let me out of its grip...
And I can feel my fan belt ready to slip...
My heart is pounding with sheer pain...
I can feel myself being driven insane...

My temples are throbbing, the pain is severe...
And that brings me back to my hidden fear...
Slowly my eyes squeeze out a tear...
My visions become instantly clear...

I'm only human, I'm not a machine...
I'm not infallible, nor am I pure, or serene...
Sweating and shaking...
I awake from my dream...

Submitted By: Vikki M.

Dear People:

I just want to submit an explanation of my poetry. Everything I write is of pure truth and deep feeling. I cannot just hash words out on paper, or else I feel like I'm cheating. Inspirations hit me at the oddest times but somehow I manage to score a paper and pen and write it down! Other times it could just be a happening that causes the poems to roll out, like in the case of "They", a poem I wrote for my cousin Andy Bruce, every word or action I describe is an absolute truthful happening. A pretty ugly one at that. However, B.C.'s pen just seems to work out hatred and frustrations on certain ones, unfortunately he's one of them. I'm hopin that by my poetry people will be able to see situations that need a drastic change, and perhaps arrive at a greater insight to all surroundings.

Thank-you
Vikki M.

DEDICATIONS

FOR MY COUSIN
ANDREW BRUCE
AND ALL PERSONS TREATED; THEY;
AS SUCH

They keep you locked daily in a cold musty cell.
And they tell you you are lucky you're not burning
in hell. They sneer at you and laugh and spit upon
your plate.
And any ounce of ego in you they try to deflate.
Exercise, bang! and your cell door slams open with
a ringing clang. Yes, it is time to stroll up and
down your tier while the guards sit back clutching
their guns in a cold restless fear. Don't move fast
or they would think it's nothing to blow you away.
Back in your cage it's time for shift change
And these guards will be even more deranged.
They will stare at you with cruel ugly eyes
And the hate and disgust you feel can't be disguised.
Another mark on the wall, another full year,
You look at it in pain and your eyes form a tear.
Spare change you will say, only forty more to go,
And you feel your hatred beginning to go away.
And after your time is done, what will they have to
show?
Another young breed that they couldn't break?
Only then you'll be old.
Another strong mind they couldn't shake?
But by then you'll be bitter and cold.
Another free spirit they couldn't mold?
If they could change places for a minute or two
THEY WOULDN'T DO THE THINGS THAT THEY DO.....

by Vicky M.

Dedicated to
Dixie C.

THINKING OF YOU

I was thinking of you the other day,
About the times we had together,
But soon those times will be gone.
I'll never forget those moments of joy,
I'll always cherish them in my mind.
Oh! How I wish I could turn the back of times,
Once again for a few moments,
Ever since you left me, my world has been empty.

Renee (Shady Lady)

THE JOURNEY

Whiteness, it's so bright I feel as if...
I'm about to become played with...
Snowblindness:
Yet I cannot remove my eyes from its glow...
I follow its blizzardly travel...
Spell bound, baffled by its dangerous beauty...
Every flake seems to be alive and breathing...
Its direction completely unknown...
Its swirls and turls indicates it was definitely born free...
The beauty is deafening...
I wonder how it is this blanket of beauty holds no warmth...?
My mind begins to whirl in rhyme...
The whiteness is becoming a nice blue haze...
I feel myself sinking, my body screaming for warmth...
My mind seeking only peace...
It's become so dark I can no longer think...
The previous thoughts echoing in my head...
I think of you...
Oh God what to do...
Do I let go and drift with the mysterious majesty...?
Or do I stay and take my chances on survival...?

Submitted by:
Vikki M.

FEELINGS

"DEDICATED TO RON"

I never experienced fear when you were near me...
I never felt pain when you were there to explain it...
I never needed or wanted, for you were there to give...
Life was like a golden story book...
Reality never reached our boundaries...
We were free...
We were happy...
We were love...
I never had to excuse my ways around you...
I never had to explain my mind to you...
I never had to account for my love, for you had it all...
Life is so different without you near...
We are apart...
We are sad...
We are love...

Submitted by:
Vikki M.

"THOUGHTS"

We have our up days;
 We have our down;
 Sometimes we launch;
 Sometimes we frown;

As each day passes;
 We all can think;
 It's one step nearer;
 To be out of the clink;

Think of some others;
 Unfortunate few;
 Who have a lot longer;
 In prison to do;

Take each new day;
 With a grain of sand;
 And give **to** your buddy;
 A helping hand;

The time will pass;
 More quickly too;
 If you just give;
 The best of you.

Submitted By:
 Virginia B.

LA LIBERTE

C'est un oiseau rare en plein ciel bleu
 L'essor du feu vers les nuées blanches.
 L'enfance prend la terre par les hanches,
 Le sang du geyser ravit l'air en feu.

Le silence doux se perd dans les cieux,
 Tel le cœur curieux jusqu'à l'avalanche.
 La passion qui baise chaque branche,
 C'est l'enfant qui agite l'air en feu.

Ton ami le temps régit les nuages
 Et le ciel entend tes soupirs sauvages.
 Tu crois en vain: "Il est une autre vie!"

Le temps-gondolier ballote tes ailes,
 Et reflète ton image cruelle.
 Oh! Sur ta main de nouveau l'oiseau crie!

Submitted By:
 Françoise M/

ENERGY EXPENDITURE FOR DIFFERENT ACTIVITIES OF AVERAGE YOUNG ADULTS

	Calories used in one minute
Sleep (basal)	1.0-1.2
Dressing, washing, etc.	3.0-4.0
Light indoor activities-	
Lying at ease	1.4-1.5
Sitting at ease	1.5-1.6
Standing at ease	1.7-1.9
Sitting, writing	1.9-2.2
Sitting, playing cards, or musical instruments	2.0-2.6
Transportation-	
Walking, 140-145 lb.	
2 mph level	3.1
with 22lb load	3.3
2 mph up 10% incline	5.6
with 22lb load	6.4
2 mph up 20% incline	7.9
with 22lb load	9.5
Driving a car	2.8
Piloting air craft	1.6
Canoeing: 2.5 mph	3.0
4.0 mph	7.0
Horseback riding: walk	3.0
trot	8.0
Cycling: 5.5 mph	4.5
9.4 mph	7.0
Stair climbing:	
Weight, 140lb	6.2
180lb	8.6
Walking on loose snow, level, 2.5 mph, 180lb man with 44lb pack	20.2
Work tasks--	
Sweeping floors	1.7
General laboratory work	2.3
Machine sewing	2.8
Scrubbing, kneeling	3.4
Garage mechanic	4.1
Ironing	4.2
Typing, 40 words/minute	
Manual typewriter	1.5
Electric typewriter	1.3
Light industry	2.2-3.0
Recreation involving moderate exercise--	
Playing with children	3.5
Dancing, waltz	5.7
rumba	7.0
twist	10.0
Archery	5.2
Tennis	7.0

Cont.....

Recreation involving hard

exercise-

Swimming, surface

5.0-11.0

Underwater with fins and
suits

8.0-18.0

Football

8.9

Cross-country running

10.6

Climbing, light load and
slope

10.7

heavy load and

slope

13.2

Skiing, hard snow

Level, 3.7 mph

9.9

Uphill, max. speed

18.6

Submitted by

Carol S.

NOBODIES BECOME SOMEBODIES

It is never too late to be a creative personality. No matter what happens to you, or when it happens to you, it is never too late to become creative. One woman, wife of a professor, did not touch a paintbrush until she was fifty. Then she tried to paint. Now her paintings are being shown in several countries. She has gathered around her a group of older women who had been nobodies and they all began to be creative after passing the age of fifty. One took up sculpture and became a teacher of sculpture when her work was recognized as being very good. She taught in a college and exhibited her work in Europe as well as on this side of the ocean. Some of the women became artists went out into the country to paint landscapes. A farmer who saw them became interested and asked to join the group. His interest became a hobby and eventually he became a famous landscape artist after beginning at sixty-eight. It is never too late to try your own creativity and become a Somebody. Try something new while you are at Vanier! Try to write a story for this paper. Try to draw a picture. Try to learn some new handwork. Try to add a new skill through recreation. Try to be a Somebody.

By

Mrs. Sindem

TALCUM POWDER

Yardley	\$2.50
April Showers	.79
Rexall Brand	.88
Coty	3.00
Johnson Baby Powder	.82
Revlon	1.52
Revlon	3.00

CREAM SACHETS

Yardley	3.00
Coty	4.50

DENTURE ADHESIVES

Poligrip	.65
	and 1.49
Wernets	.65
	and 1.05

HAIR ROLLERS

Med., large, Jumbo	1.29
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BATTERIES

9 volts	.89
"C"	1.29
"D"	1.29
"A"	1.59

HAND AND BODY LOTION

Max Factor	2.95
Jergens	.79
	and 1.39
Soft "K" Tender	1.39
Vaseline Intensive	1.39
Care	and 2.10
Nice "K" Icy	2.25
Protective Lotion	1.79

Miscellaneous

Nest Cream	1.00
	and 1.50
Eyelash Curlers	1.79
Emery Boards	.39
	and .59
Nail Files	.50
	and .80
Cuticle Sticks	.39
Nail Clippers	.89

BATH AIDS

Calgon Bubble Bath	2.59
Vaseline Intensive Care	1.98
Rexall Herbal Oil	1.59
Rexall Herbal Bubble Bath	1.59
Bubble Bath Bags	1.50
Bath Crystals	1.50

HAIR NEEDS-COLOUR

Miss Clairol Bath	2.47
Miss Clairol Shampoo	
Colour	2.47
Hairpainting Kit	4.95
Clairol Streaking Kit	7.50
Born Blonde Kit	3.00
Ultra Blue Kit	3.00
Born Blonde Toner	1.89
Nice 'n' Easy	2.47
Loving Care	2.47

SHAMPOOS

Rexall Balsam - (Conditioning, Herbal, Egg, Peach, Apple, Natural Coconut)	1.39
Breck- Dry, Oily, and Normal	1.19
	and 2.49
Earth Born- Dry, Normal and Oily	1.79
	and 1.98
Revlon Balsam- Dry, Normal and Oily	1.95

DANDRUFF

ZPL	2.00
Sebulex	2.75

CONDITIONERS

Rexall	1.39
Revlon Balsam	1.95
Tame	.99
	and 1.49
Breck	1.89
	and 2.79

EYE MAKEUP

Eye Liner Brush	2.00
Tweezers	.60
	and .95
Eye Makeup Remover Pads	2.75

DRUG STORE PRICE LIST -Cont'd

pg.24

MakeupMaybelline

Love: A little Colour	2.50		
Cream Makeup	2.85	Mascara Cream	.49
Cheek Gel	1.95	Mascara Brush	2.10
<u>Revlon Liquid</u>	2.50	Eye Pencil	.59
and	3.75	Eye Shadow Powder	1.60
Cream	3.50		
Powder Brush	4.50	<u>Yardley</u>	
<u>Yardley - Liquid</u>	3.00		
Whipped Cream	3.50	Mascara Brush	2.95
Whipped Blusher	3.50	Eye Shadow Pot of Gloss	2.75
<u>Cover Girl Liquid</u>	1.75	Eye Shadow Powder	2.50
Powder Blusher	1.90	Eye Liner Cake	2.50
<u>Max Factor Liquid</u>	3.75		
Whipped Makeup	4.50	<u>Nail Polish</u>	
Whipped Blusher	4.25		
Waterproof Blush	3.95	Love	1.35
Waterproof Makeup	3.50	Revlon	1.85
Both in plain and shimmer-		and	1.95
ing Shades		Max Factor	1.25
		and	1.75
<u>FACE MAKEUP FOR BLEMISHES</u>		Yardley	1.95

Pure Magic	2.50	<u>Eye Makeup</u>	
Clearsil Cream	1.39		
and	1.89	Love: Mascara Waterproof	2.95
		Big Brush	2.95

SOAP FOR BLEMISHES

		Eye Shadow Cream	2.00
		Eye Shadow Powder	2.00
Phiderm	2.55	Revlon: Mascara Brush	2.95
Clearsil	.53	Natural Wonder Mascara	
Neutragana	1.25	Brush	1.85
Alpha Keri	1.45	Eye Shadow Powder	2.05

SOAP

			2.15
			2.25
			2.25
		Eye Pencil	1.55
Nivea	.49		
Dial	.54	<u>Max Factor</u>	
Caress	.55		
Safeguard	.49	Pure Magic Mascara- Brush	2.50

LIPSTICKS

		Eye Shadow	2.00
		and	2.10
Yardley Pot of Gloss	2.00	Mascara Comb	3.25
Love Regular	1.95	Brush	3.25
Love Cream	2.25	Eye Shadow Powder	2.15
Revlon	2.50	Eye Shadow Stick	2.50
Max Factor- Regular	2.50	Eye Crayon	2.50
- Cream	2.50		
Coty- Regular	1.95		
- Cream	2.75		

CANTEEN PRICE LIST

pg. 25

CHOCOLATE BARS

Crispy Crunch	.20
Coffee Crisp	.20
Chocolate Raisins	.20
Liquorice Tibs	.20
MacIntosh Toffee	.20
Maple Buds	.20
Planters Peanuts	.10
Smarties	.20
Snack Bar	.20

CERTS- Asst. Fruit	.20
Wintergreen	.20

GUM- Dentyne	.15
Juicy Fruit	.15
Spearmint	.15

LIFESAVERS

Butter Rum	.15
Five Flavor	.15
Spearmint	.15

HOSTESS POTATO CHIPS

Plain	.15
B.B.Q.	.15
S. & V.	.15

BAGGED CANDY

Fruit Drops	.25
Clear Mints	.25
Scotch Mints	.25
Humbugs	.35
Ju Jubes	.35

T.V. POPCORN	.25
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POP

Coke	.20
Fresca	.20
Ginger Ale	.20
Kool-Aid	.20
Orange	.20

SMOKING SUPPLIES

Cigarette Papers	.07
Export Tobacco	.55
Daily Mail Tob.	.55
Export Tubs	1.95
Export Plain	.57
Rothman Filter	.58
Export "A"	.57
Cameo Menthol	.58
Book Matches 2 for	.01
Plastic Cig. Cases	.19

TOILETRIES

Bobby Pins	.18
Kleenex- Reg. White	.25
Kleenex- Boutique	.45

TOOTHPASTE

McLeans- Giant	.56
Pepsodent	.54
Crest	.54
Colgate	.54
Polident	.54

SHAMPOO

Alberto VO 5 Hairdressing	.90
Head and Shoulders	.76
Johnson Baby	.76
Nivea Cream	.64
Noxema Cream	.95

Q-Tips	.45
Johnson Baby Oil	.85
Johnson Baby Powder	1.16
Deodoant- Ban	.69
Deodorant- Arrid	.53
SOAP- Dial	.28
Baby's Own	.28
Lux	.28

LIPSTICK

Red gone Bright	.34
Soft Coral	.34
Pearly Pink	.34

PLAYING CARDS	1.10
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WRITING SUPPLIES

5 lined sheets 4¢/set	
PAD- large lined	.78
large unlined	.98
thin 8x10	.17

ENVELOPES

Small	.01
Legal Size	3/ .02

STAMPS

PENS- Bic	.24
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CHRISTMAS CARDS

BIRTHDAY CARDS	.25
BIRTHDAY CARDS	.35
GREETING CARDS	.60

FOR OFFICE:

Nail Polish Remover	.30
Hair Spray	.95

FOOD FOR THOUGHTS ON THE NEW LEGISLATION

Dear People,

After going over the new proposed legislation which will affect inmates, I'm at a definite loss. I can only see regression in the penal system. I am fully aware that the public is demanding further protection and the government being elected to office must satisfy or pacify the tax paying citizens, and their urgent request.

However the manner in which they wish to do so is nothing but detrimental. They intend to hand out stiffer sentences, ones that are so stiff they could be called starched. This benefits in one way. In plain English, it keeps the law-breakers off the streets and out of "people's hair" for as many years as possible. This constant threat will remain in young people's mind.

In my opinion, they would more than likely take a chance of a shoot out for an extra ten years or so than to give up freely for seven or fifteen years. Older people who may have spent many years in institutions will more than likely do the same type of thing and take a chance on instant death rather than a slow, dragged out one, brought on by the twenty or so years they would be facing. Another fact that will arise will be the construction of more jails, more staff to be trained and hired; The cost of an inmate is around 12,000. to 15,000. a year therefore, the citizens will be dishing out heavily for long-term inmates.

After that, we have the remission that's to be earned and not an automatic subtraction of 1/3 off sentences. Then, we have the category of prisoners who simply stand up for their rights as human beings. What happens when they verbalize their protest? : A vile incident! Such as bad treatment by guards or other prison officials, beatings, verbal abuse etc. Will they earn their days? I doubt it. The pressure that will build up inside these federal institutions will be unbearable especially when most inmates haven't a clue as to when they will see daylight.

The parole part of this proposal is even more disheartening. The government is putting a tremendous power in the citizens hands. The general public is already so biased to parolees. How many do you think they will approve? The responsibility will be too great for the public to handle fairly. If the public wants infaillible rehabilitation, why don't they give prisonners more job opportunities and let's face it, a little moral support.

If it sounds as if I'm asking for help for we, inmates, well I am! We are the ones who need it the most. The law abiding citizens have most of their problems under control. Perhaps if they helped us, they would receive a better response from rehabilitation and in a sense, it will be receiving what they have originally asked for.

Well, I guess I could write on and on but what's the use? After they have the majority of the population in institutions they'll think back on what I'm saying.

Maybe if we are real lucky, they will hear our urgent cry for help and understanding.

Vicki M.

Dear Vicki,

Congratulations for an open, honest letter to the people. I think it's right on! Please permit me this opportunity to remind a few of us here that when we do get some help, let's see it for what it is and take advantage of it. Clearly, we are regressing as far as the penal system is considered but, I think we should also look at the aces we are still holding in our hands plus those that we are trying to reach, such as the T.A. Program, the MAP which is on the way in, the JAYCEE help that is presently being offered; let's make the most of those opportunities and let's not blow them.

I see this new legislation as a disadvantage to both the inmate and the citizen. The consequences of those steps will be suffered by all; let's make sure that when the chips are really down, a few years from now, the so called "honest citizen" realizes his mistakes.....

Louise C.

The Right To Speak Your Mind

When I asked Karen to write the article you are about to read, I didn't know what she would come up with but I still encouraged it. I knew that a topic such as "What Vanier Means To Me" was leaving a lot open and that it could be risky but I was willing to take that chance. Karen spent a good part of the morning and part of a lunch time putting it all together and then presented the article to me. I read it and had visions of jail riots and fighting and really wondered what I should do. Here was an article that was quite critical of a place I worked in and would create some controversy if printed in the Inside-Outlook and I was at odds at what to do. I asked Karen if she really believed what she was saying and she said she did. That was good enough for me. Karen really didn't want to submit the article, she began to worry what could be done to her. Would she lose days?? I indicated to her that would be the risk she would have to take but if she really felt strongly enough about what she had written she should have it printed. I encouraged her to let the article be used, not because I agree with what she is saying but because she is being honest and open about it. I told Karen that I would write a covering letter for her because I too felt strongly about her right to say what she felt about this place. The last thing I would want would be for this paper to turn into a sounding board for residents gripes, but at the same time the Inside-Outlook has been a little too tame for a little too long. Karen isn't going to win prizes for her critique of the Vanier Centre. It's not the best written article in the world nor the best that Karen is capable of. But what she has written is what she feels and that's far more important. She hasn't pulled any punches! I would ask that everyone, staff and residents alike, not hold back either. If you disagree with what's been written-lets hear from you. You have a newspaper use it!!!!

B./ Terry Angle

"What Vanier Means to Me"

I was just sentenced to do my time and I feel that if the judge wanted me to work and go to a place full of head games, then he would have stated that in court. This place isn't a jail, it's more like a psycho-ward, all these cotages and games. I feel that jail is behind bars, and that's that. Everything here is request after request, or wait a week, then you might get an answer. This is my opinion and I have the right to express my feelings.

Then there is this business about T.A.P.'s. They are a privilege to us, but we don't get too many privileges. It seems to me that the usual reason for turning down T.A.P.'s is simply that they say so; hardly a reasonable explanation. Then you wonder why inmates write to the Ombudsman. They say problems are to be solved here first; well the first problem never gets solved, it's just a few big words, and twisted around so it sounds good. The staff, of course, work here, and it's understandable that they must work together, but staff, are not understanding at all. They are here to:

1. find out all there is to know about a girl
2. write things down on paper
3. find out if there is hope or not
4. and to sit back and collect their pay cheque.

Nobody is perfect. I wouldn't be here if I was. No-one is better than anyone else. That includes C.O.'s who are high on their pedestal and think they are better than others. Some are luckier than others but we're still human and have feelings. If C.O.'s and Cottage Supervisors would quit playing the role and be themselves, and quit playing professor and psychologist, then Vanier would be a better place! After all they say it's a jail, but the way it's run it's not, and far from it. When they say this and that is a privilege, I agree, but why bring it up all the time? It's not a privilege to be here; and that's for sure! The punishment in this place is how far one can be pushed. Then next thing you know you have a bad record, and they say to you, it's your fault, (otherwise it would look bad for them). I could go on, but it's useless anyways. One against all staff. Life is what you make it, but you can't change in here. This is my own opinion and you can't brainwash anyone the way you hope they will turn out. So good luck on your rehabilitation because no-one wants to buck the system, just get along individually. Inmates pay for their crime and mistakes without being told over and over again. That's an out for people to use!

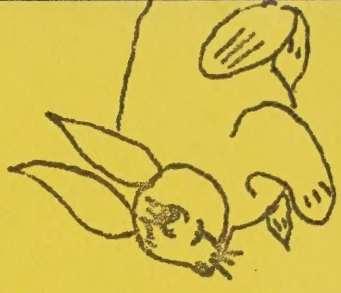
by Karen D.



Fevel

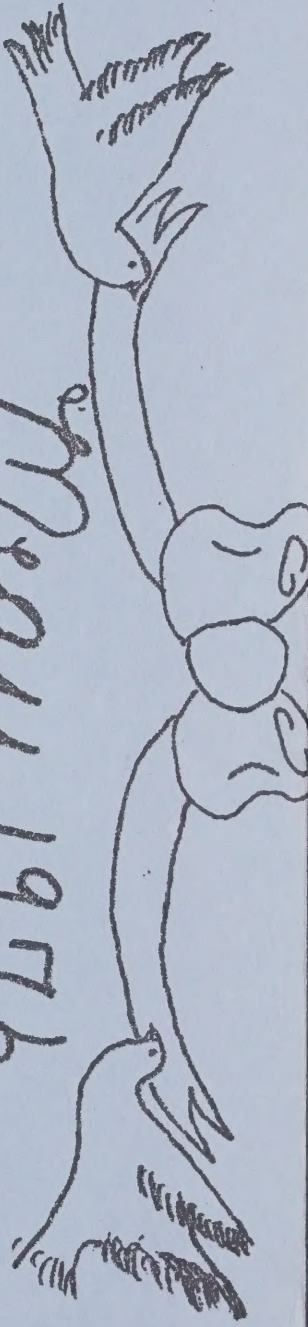
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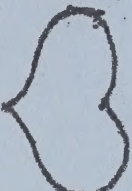
illustrated by Barb G.

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Illustrated by Barb G.

